

SADOWAY CONDITIONING

DECEMBER ISSUE

Josh Pillar Leading Rookie Scoring and Getting Better in the Gym



It isn't easy being a 15 year old in AAA Midget. That has not stopped Josh from succeeding this winter with his team the Prince Albert Mintos. Josh is leading the Mintos in scoring and is currently the top rookie scorer in the league. Josh has always been a good hockey player but the gym didn't start off easy. Two years ago on our first day Josh puked. Now, a lot of top hockey players are also the top guys in the gym. Josh didn't fit into this category. He wasn't very strong or coordinated in the gym. I wondered how did this kid play hockey and had success. I told his dad it actually was a good thing and that he could improve even more than most guys do. Fast forward to this past summer and I would say Josh was one of my biggest improvers. Things just started to click for him in the gym and he got more confidence. Josh started to really push himself. He is a smart kid that asks questions and takes an interest in what he is doing. He is always trying to improve himself and wondering what can make him better. It isn't surprising that Kamloops took Josh in the first round.

Normand Makes Tough Decision School/Hockey



Easton Normand is a kid who makes me laugh. Nearly every gym session he comes running into the gym with his shoes in hand and is late for warm up. I went as far as to ask one of his former coaches a couple years back if he came late for games and practices. The answer was no so I guess he just wanted to spend as little amount of time as possible with me. All joking aside Easton is your typical hockey player. He wasn't taken in any drafts. He wasn't a big name, he was just a kid who works extremely hard and loves hockey. That is why it is ironic that he is late to the gym. Because when you talk to him and see him in the gym he is always one of the hardest workers.

I was really happy for Easton for getting affiliated to the Saskatoon Blazers this year. The Blazers season has been plagued with injuries and this gave Easton an opportunity. Easton started out playing most of the games at the beginning of the season and the Blazers offered Easton a spot. The problem was that his academic schedule for his schooling for next year would be affected. In the end, Easton decided to stick with his Midget AA team the Saskatoon Steal. Unlike most kids going into grade 12 Easton will be done his Midget hockey in grade 11. Easton still has managed to play 12 games this season with the Blazers and hopes to play Junior A or B next season.